

# State Sponsored Health Plan Smoking Cessation Programs

The following state sponsored health plans offer smoking cessation programs:

- BCBSM PPO
- Blue Care Network
- Care Choices
- Health Alliance Plan
- HealthPlus
- M-Care
- Physician's Health Plan of Mid-Michigan
- Physician's Health Plan of South Michigan
- Priority Health

If your HMO is not listed, [click here](#) to check for benefits offered by your insurance plan.

# Smoking Cessation Programs

offered through State Sponsored Health Plans:

## BCBSM PPO

Option of using Zyban and nicotine replacement therapy such as gum, patches, or nasal sprays, or enroll in the Quit the Nic Program.

Call Blue Health Connection at 1 800 775-2583 to enroll.

[http://www.bcbsm.com/member/managing\\_your\\_health/smoking\\_cessation.shtml](http://www.bcbsm.com/member/managing_your_health/smoking_cessation.shtml)

## BCN

Quit the Nic free smoking cessation program - includes educational materials, opportunities to talk with registered nurses about how to kick the habit, and on-going telephone support.

Call 1 800 811-1764 to enroll.

[http://www.mibcn.com/member/manage\\_your\\_health/readytoQuitSmoking.shtml?hmo/](http://www.mibcn.com/member/manage_your_health/readytoQuitSmoking.shtml?hmo/)

## Care Choices

The Care Choices Quit Tobacco Program is available to members at no charge. Our program offers you a variety of tools and resources to help you kick the habit for good.

- Telephone counseling
- A self-directed program
- Prenatal Quit Tobacco Program

The "I Can Quit" tool kit contains useful tips and strategies to help you develop a personalized plan to quit tobacco. A health coach supports you for 12 months during the quitting process.

Coverage of certain medications to help you stop smoking: Contact a Health Coach toll-free at (800) 424-5252 and you'll receive a return phone call within 24 business hours, or inquire on-line.

<http://www.carechoices.com/health/tobacco.shtml>

## HAP

HAP is making it easier than ever to quit smoking. HAP offers smoking cessation benefits, including coverage for nicotine replacement therapy (NRT). HAP members are eligible for any of the following smoking cessation programs:

- Telephone counseling
- Zyban® - a prescription drug to help smokers quit
- NRT such as the patch, gum, inhaler or lozenge

To obtain Zyban or NRT, you must have a Prescription Drug Rider and a HAP-affiliated physician must prescribe it. By obtaining a prescription from your doctor for over-the-counter NRT, you only have to pay your copay.

Call the Smoking Intervention Program at (313) 874-1885 or 1-888-427-7587.

[http://www.hap.org/healthy\\_living/hmrdr/quitsmoking.php](http://www.hap.org/healthy_living/hmrdr/quitsmoking.php)

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## HealthPlus

HealthQuest Tobacco Cessation Program: Designed to help you find a way that is best for you to quit smoking and stay smoke free. HealthPlus offers members a variety of resources and services free-of-charge when you are ready to quit.

Call HealthPlus at 1-800-345-9956, extension 1943, select option 2 for more information. If you think telephone counseling is right for you, join the telephone-counseling program now! Call 1-888-297-0699 or [click here to enroll online](#). You will get a free kit to help you quit and telephone support.

[http://healthplus.org/tobacco\\_cessation\\_programs.html](http://healthplus.org/tobacco_cessation_programs.html)

## M-Care

M-CARE members can choose one of two options for tobacco cessation support: join the free I Can Quit program OR enroll in a community tobacco cessation class. Prescription tobacco cessation aids are also available for eligible members. The I Can Quit program offers a personal health coach who will work with you on the telephone to develop your own personal plan for quitting. Web-based and self-directed programs are also available.

To enroll, call the I Can Quit program toll-free at (866) 995-8671 or [click here](#) to inquire online.  
<http://www.mcare.org/include/template.cfm?ID=1011>

## PHP MidMichigan

Physicians Health Plan of Mid-Michigan's Tobacco Cessation Program aims to give you the support and tools you need to kick the tobacco habit.

- Tobacco cessation educational materials
- Healthcare reminders
- Contact with the tobacco cessation coach to help you stay motivated to quit

PHPMM members interested in getting started can call 1.877.330.2746

<http://www.phpmm.org/Default.aspx?tabid=1079>

## PHP of South Michigan

The Physicians Health Plan of South Michigan Smoking Cessation Program enables members to receive personal smoking cessation support from one of our nurses, in addition to a three-month supply of prescription medication to help them quit. These services are completely free.

- Zyban 150 mg tabs (60 per month)
- NicoDerm CQ patches 7 mg, 14 mg or 21 mg (28 per month)
- Nicorette gum 2 mg or 4 mg (108 tabs per box per month)

<http://www.phpcares.com/hmresourcecessc.php>

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## Priority Health

The Priority Health HealthyEncountersSM - Tobacco Cessation Program is free to all eligible members. When you sign up, we will send you educational materials, make referrals and offer support to help you quit for good.

For members with prescription drug coverage, Priority Health covers the prescription drug Zyban and generic nicotine replacement therapies (NRTs) to help you stop smoking. Generic NRT (patches, inhalers, or nasal sprays) are covered for up to three months. After three months, authorizations are required.

Call 800 446-5674 or send a secure message to Customer Service to request more information about the Tobacco Cessation program

<http://www.priority-health.com/classesresources/tobacco/>